

### Abstract of the Disclosure

A bullet has a jacket and a core seated into the jacket. The core consists of helically formed strands of malleable material swaged into a cylindrical shape. The strands have a uniform pitch along the core, and fragment uniformly into small portions upon impact. A method of making a bullet includes providing helically formed strands of malleable material, swaging the strands, and seating the strands into a jacket.

20250303 10:22:00